

NSC Bothell September 2026 Activities Calendar: Sept 1 - 13 Food & Entertainment: Monday - Friday 12-12:30 pm Community Dining - Reservation required Tuesday/Thursday 11 am-2 pm Soup in Coffee Bar Wednesday 12 pm Pie Day - Coffee Bar 4-7 pm Happy Hour - Coffee Bar Tuesday/Saturday 9 am-Noon Food Pantry Calendar Legend: FC = Fitness Center H&W = Health & Wellness Center MP = Multipurpose Room S = Studio Blue = Special Events Green = Free Lectures/Wellness For more details, including class duration and registration, see the Summer Catalog. Sunday square dancing begins Sept. 13. 	Monday	Tuesday	Wednesday	Thursday	Friday/Sat/Sun
		1 8:30 am Functional Fitness (FC) 9 am Walking Group 9:30 am Strength & Balance (MP) 9:30 am Knit Wits (Rm 103) 9:45 am Functional Fitness (FC) 10 am Colored Pencil Beg/Int (Rm 104) 10 am Mahjong (Lounge) 10 am Variety Show & Band (Rm 205) 10:30 am-2:30 pm IACS (Rm 202) 10:30 am Tai Chi Beg. 1 (S) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi Intermediate (S) 1 pm Mindfulness (Rm 203) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 2 pm Pickleball 1 (MP) 2 pm Men's Social Group (Rm 205) 2:30 pm Qigong Level 1 (S) 3:30 pm Pickleball 2 (MP)	2 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (S) 9:30 am Ceramics Beg. (Rm 103) 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 am Pilates Beginner (S) 11:30 am Otago (MP) 12 pm Tai Chi Basics (Rm 202) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Meditation for Starters (S) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Bocce/Cornhole Social (MP) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 3:30 pm Open Mic (Dining) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 4:30 pm Essentrics (S) 5:30 pm Ceramics Int. (Rm 103) 5:30 pm Pickleball Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)	3 8:30 am Functional Fitness (FC) 8:30 am Yoga-Breath/Balance (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am Acrylic Art (Rm 103) 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10 am A Matter of Balance (Rm 203) 10 am Fishing Club (Rm 202) 10:30 am Tai Chi Beg. 2 (S) 11 am Functional Fitness (FC) 11 am Colored Pencil (Rm 104) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball Round Robin (MP) 11:30 am Tai Chi Practice (S) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1 pm Challenging Family Sit. (Rm 103) 1:15 pm Ageless Together (Dining) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)	4 9:30 am Mat Pilates (S) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10 am Memoir Writing (Rm 103) 10:30 am Cribbage (Rm 203) 10:45 am Pilates Beginner (S) 11 am Women's Writing (Rm 205) 11:30 am Watercolor (Rm 104) 12 pm Pinochle (Rm 203) 12 pm Zumba Gold (MP) 1 pm Pickleball Open Play (MP) 5 9 am Pancake Breakfast (Dining) 9 am Tech Help (Front Lobby) 9 am Pickleball Beginner (MP) 10 am Ceramics Bootcamp (Rm 103) 10:30 am Pickleball Intermediate (MP) 12:30 pm Bingo (Rm 202/203) 6
	7 CENTER CLOSED - LABOR DAY	8 8:30 am Functional Fitness (FC) 9 am Walking Group 9:30 am Strength & Balance (MP) 9:30 am Knit Wits (Rm 103) 9:45 am Functional Fitness (FC) 10 am Colored Pencil Beg/Int (Rm 104) 10 am Mahjong (Lounge) 10 am Variety Show & Band (Rm 205) 10:30 am Tai Chi Beg. 1 (S) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11 am Feldenkrais Mthd (H&W Conf.) 11:30 am Tai Chi Intermediate (S) 1 pm Mindfulness (Rm 203) 1 pm Book Club (Rm 205) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 2 pm Pickleball 1 (MP) 2:30 pm Qigong Level 1 (S) 3:30 pm Pickleball 2 (MP)	9 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (S) 9:30 am Ceramics Beg. (Rm 103) 9:30 am Feldenkrais 1:1 10 am Antiques Club (Rm 202) 10 am Diabetes/Pre-Diabetes(Rm 205) 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 am Pilates Beginner (S) 11:30 am Otago (MP) 12 pm Tai Chi Basics (Rm 202) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Meditation for Starters (S) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Caregivers Support (H&W Conf.) 1:30 pm Financial Markets (Dining) 1 pm Bocce/Cornhole Social (MP) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 4:30 pm Essentrics (S) 5:30 pm Ceramics Int. (Rm 103) 5:30 pm Pickleball Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)	10 8:30 am Functional Fitness (FC) 8:30 am Yoga-Breath/Balance (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am Acrylic Art (Rm 103) 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10 am A Matter of Balance (Rm 203) 10:30 am Tai Chi Beg. 2 (S) 11 am Functional Fitness (FC) 11 am Colored Pencil (Rm 104) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball Round Robin (MP) 11:30 am Tai Chi Practice (S) 12:15 pm Weightlifting 101 (FC) 11:30 am Lunch Bunch - Sparta's Pizza 12:30 pm Hand & Foot (Rm 203) 1 pm Challenging Family Sit. (Rm 103) 1:15 pm Ageless Together (Dining) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)	11 9:30 am Mat Pilates (S) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10 am Memoir Writing (Rm 103) 10:30 am Cribbage (Rm 203) 10:45 am Pilates Beginner (S) 11 am Women's Writing (Rm 205) 11:30 am Watercolor (Rm 104) 12 pm Pinochle (Rm 203) 12 pm Zumba Gold (MP) 1 pm Pickleball Open Play (MP) 12 9 am Pickleball Beginner (MP) 10:30 am Pickleball Intermediate (MP) 13 2:30 pm Modern Square Dancing (MP)

Food & Entertainment:

Monday - Friday
12-12:30 pm Community Dining
- Reservation required

Tuesday/Thursday
11 am-2 pm Soup in Coffee Bar

Wednesday
12 pm Pie Day - Coffee Bar
4-7 pm Happy Hour - Coffee Bar

Tuesday/Saturday
9 am-Noon Food Pantry

Calendar Legend:
FC = Fitness Center
H&W = Health & Wellness Center
MP = Multipurpose Room
S = Studio
Blue = Special Events
Green = Free Lectures/Wellness

For more details, including class duration and registration, see the Summer Catalog.

Sunday square dancing begins Sept. 13.



NSC Bothell September 2026 Activities Calendar: Sept 14 - 30		Monday	Tuesday	Wednesday	Thursday	Friday/Sat/Sun
Food & Entertainment: <i>Monday - Friday</i> 12-12:30 pm Community Dining - Reservation required <i>Tuesday/Thursday</i> 11 am-2 pm Soup in Coffee Bar <i>Wednesday</i> 12 pm Pie Day - Coffee Bar 4-7 pm Happy Hour - Coffee Bar <i>Tuesday/Saturday</i> 9 am-Noon Food Pantry Calendar Legend: FC = Fitness Center H&W = Health & Wellness Center MP = Multipurpose Room S = Studio Blue = Special Events Green = Free Lectures/Wellness For more details, including class duration and registration, see the Summer Catalog. Sunday square dancing begins Sept. 13. 		14 7:30 am Hiking Group 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9 am Veterans Breakfast (Dining) 9:30 am Ceramics Open Stu. (Rm 103) 9:30 am German Conv. (Rm 205) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS Russian Lang. (Rm 202) 11:45 am Jewelry Club (Rm 103) 11:30 am Otago (MP) 12 pm Pinochle (Rm 203) 1 pm Pickleball Open Play (MP) 1:30 pm Conversation Cafe (Rm 104) 2 pm Chair Pilates (S) 2:30 pm Ceramics Mastery (Rm 103)	15 8:30 am Functional Fitness (FC) 9 am Walking Group 9:30 am Strength & Balance (MP) 9:30 am Knit Wits (Rm 103) 9:45 am Functional Fitness (FC) 10 am Colored Pencil Beg/Int (Rm 104) 10 am Mahjong (Lounge) 10 am Variety Show & Band (Rm 205) 10:30 am-2:30 pm IACS (Rm 202) 10:30 am Tai Chi Beg. 1 (S) 11 am Functional Fitness (FC) 11 am Feldenkrais Mthd (H&W Conf.) 11:15 am Line Dancing (MP) 11:30 am Tai Chi Intermediate (S) 1 pm Mindfulness (Rm 203) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 2 pm Pickleball 1 (MP) 2 pm Men's Social Group (Rm 205) 2:30 pm Qigong Level 1 (S) 3:30 pm Pickleball 2 (MP)	16 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (S) 9:30 am Ceramics Beg. (Rm 103) 9:30 am-1:15 pm Feldenkrais 1:1 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10 am Heartache to Hope (Rm 203) 10:45 am Pilates Beginner (S) 11:30 am Otago (MP) 12 pm Tai Chi Basics (Rm 202) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Meditation for Starters (S) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Bocce/Cornhole Social (MP) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 4:30 pm Essentrics (S) 5:30 pm Ceramics Int. (Rm 103) 5:30 pm Pickleball Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)	17 8:30 am Functional Fitness (FC) 8:30 am Yoga-Breath/Balance (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am Acrylic Art (Rm 103) 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10 am A Matter of Balance (Rm 203) 10 am Trivia (Rm 205) 10:30 am Tai Chi Beg. 2 (S) 11 am Functional Fitness (FC) 11 am Colored Pencil (Rm 104) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball Round Robin (MP) 11:30 am Tai Chi Practice (S) 11:30 am Laughter Yoga (S) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1 pm Challenging Family Sit (Rm 103) 1:15 pm Ageless Together (Dining) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)	18 9:30 am Mat Pilates (S) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10 am Travel Club (Rm 205) 10 am Memoir Writing (Rm 103) 10:30 am Cribbage (Rm 203) 10:45 am Pilates Beginner (S) 11 am Women's Writing (Rm 205) 11:30 am Watercolor (Rm 104) 12 pm Pinochle (Rm 203) 12 pm Zumba Gold (MP) 1 pm Pickleball Open Play (MP) 19 9 am Pickleball Beginner (MP) 10:30 am Pickleball Intermediate (MP) 20 2:30 pm Modern Square Dancing (MP)
		21/28 7:30 am Hiking Group 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:30 am Ceramics Open Stu. (Rm 103) 9:30 am German Convo. (Rm 205) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS Russian Lang. (Rm 202) 11:30 am Otago (MP) 12 pm Pinochle (Rm 203) 1 pm French Conversation (Rm 103) 1 pm Pickleball Open Play (MP) 1:30 pm Conversation Cafe (Rm 104) 2 pm Chair Pilates (S) 2:30 pm Ceramics Mastery (Rm 103)	22/29 8:30 am Functional Fitness (FC) 9 am Walking Group 9:30 am Strength & Balance (MP) 9:30 am Knit Wits (Rm 103) 9:45 am Functional Fitness (FC) 10 am Colored Pencil Beg/Int (Rm 104) 10 am Mahjong (Lounge) 10 am Variety Show & Band (Rm 205) 10:30 am Tai Chi Beg. 1 (S) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi Intermediate (S) 1 pm Mindfulness (Rm 203) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 2 pm Pickleball 1 (MP) 2:30 pm Qigong Level 1 (S) 3:30 pm Pickleball 2 (MP)	23/30 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (S) 9:30 am Ceramics Beg. (Rm 103) 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 am Pilates Beginner (S) 11 am Wellness Checks 9/23 only (Lobby) 11:30 am Otago (MP) 12 pm Tai Chi Basics (Rm 202) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Meditation for Starters (S) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Bocce/Cornhole Social (MP) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 1:30 pm Financial Markets (Dining) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 4:30 pm Essentrics (S) 5:30 pm Ceramics Int. (Rm 103) 5:30 pm Pickleball Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)	24 8:30 am Functional Fitness (FC) 8:30 am Yoga-Breath/Balance (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am Acrylic Art (Rm 103) 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10 am A Matter of Balance (Rm 203) 10 am-1 pm HEALTH FAIR - Your Wellness World (MP) 10:30 am Tai Chi Beg. 2 (S) 11 am Functional Fitness (FC) 11 am Colored Pencil (Rm 104) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball Round Robin (MP) 11:30 am Tai Chi Practice (S) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1:15 pm Ageless Together (Dining) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)	25 9:30 am Mat Pilates (S) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10 am Memoir Writing (Rm 103) 10:30 am Cribbage (Rm 203) 10:45 am Pilates Beginner (S) 11 am Women's Writing (Rm 205) 11:30 am Watercolor (Rm 104) 12 pm Pinochle (Rm 203) 12 pm Zumba Gold (MP) 1 pm Pickleball Open Play (MP) Program Partners (Rm 205) – 11-12pm 26 9 am Pickleball Beginner (MP) 10:30 am Pickleball Intermediate (MP) 27 2:30 pm Modern Square Dancing (MP)